

As you begin this new venture you will, of course, discover that it is difficult to bring your mind under control. Why is this? Because through many years of habit your mind has acquired the ability to wander all over the world, just as it pleases. So what I speak of here is something that is to serve as a discipline to your mind. Be assured that as your soul becomes more accustomed to withdrawing to inward things, this process will become much easier. There are two reasons that you will find it easier each time to bring your mind under subjection to the Lord. One is that the mind, after much practice, will form a new habit of turning deep within. The second is that you have a gracious Lord

The Lord's chief desire is to reveal Himself to you. In order for Him to do that, He gives you abundant grace. The Lord gives you the experience of enjoying His presence He touches you, and His touch is so delightful that, more than ever, you are drawn inwardly to Him.

Consider thinking about God in the same manner in which your thoughts and emotions are for your dearest friend or mate. It is this very depth of relationship that the short and simple prayer lends itself quite well. As with those you hold dear, there is a constancy of awareness of them even when they are far from you. As you feel God in proximity in feeling, you will find yourself lost in affectionate thoughts of Him. And as your affections deepen, your concentration will become stronger and your time with Him much more satisfying!